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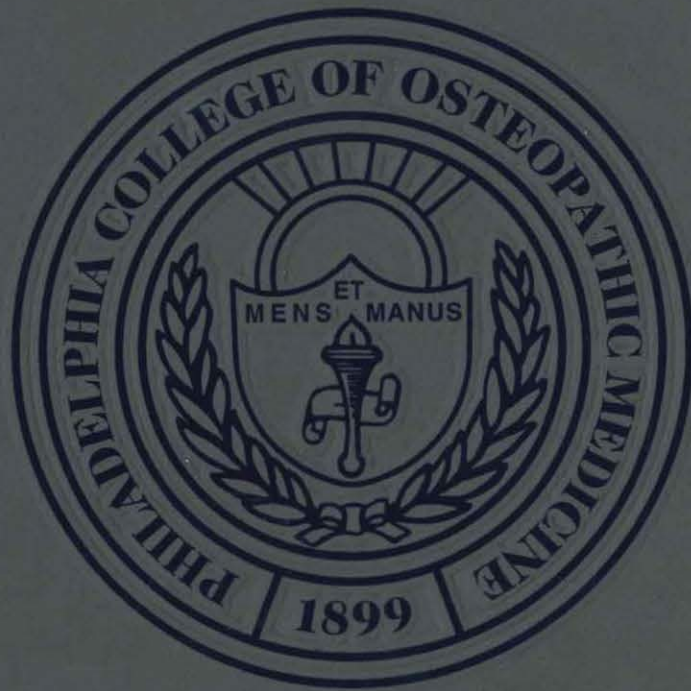
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PHILADELPHIA COLLEGE OF
OSTEOPATHIC MEDICINE



2016





PHILADELPHIA • COLLEGE • OF • OSTEOPATHIC • MEDICINE

KENNETH J. VEIT, DO, MBA, FACOFP
Provost, Senior Vice President for Academic Affairs and Dean
215-871-6770
215-871-6781 FAX
kenv@pcom.edu

Dear Colleagues:

Each year as I prepare to write a letter to the graduating class, I review the Class Vision Statement that you wrote as first year students. Your class stated that you will honor the heritage of those who came before you and to build upon that legacy for those who follow you.

The legacy you leave behind should be built on the humility, respect and compassion for your colleagues and patients. Give back as you serve as mentors for each other, your patients and communities. As you adapt to changes in policy and technology, remember that you are the future of health care. Remain grounded in the tradition of osteopathic medicine and remember that you have a responsibility to do what is right, not just what is easy.

As each class leaves PCOM, I charge it with the challenge that each of you is to serve your patients well, for they have entrusted their well being to your care. You are to help them become stronger, prevail through illness and be determined to overcome their infirmities. They are your fellow mankind. They are your fellow citizens.

And lastly, as members of the PCOM family, you are always welcomed back.

We wish you all the best life holds for you. Be well and be happy!

Fraternally,

Kenneth J. Veit, DO, MBA, FACOFP
Provost, Senior Vice President for Academic Affairs and Dean



PHILADELPHIA · COLLEGE · OF · OSTEOPATHIC · MEDICINE

JAY S. FELDSTEIN, D.O.
President and Chief Executive Officer
215-871-6800
215-871-6814 FAX

June 2016

Dear Class of 2016:

The entire Philadelphia College of Osteopathic Medicine community joins me in extending heartfelt congratulations to you, its 125th osteopathic medical graduating class. We are extremely proud of your wonderful accomplishments.

You are about to enter a world in which you can make a difference in the lives of all those with whom you come in contact. We trust that you will continue to carry on the College's mission.

Always remember that you are a member of the PCOM Family and we will always be here for you.

We look forward to sharing many successes with you in the days and years ahead.

Best wishes always.

Sincerely,

Jay S. Feldstein, D.O.

JSF/lml

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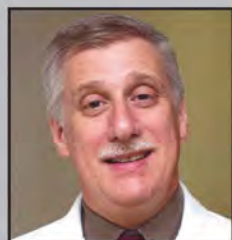
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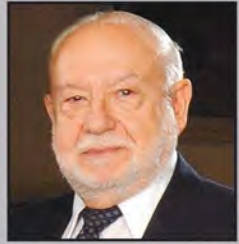
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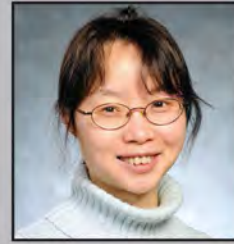
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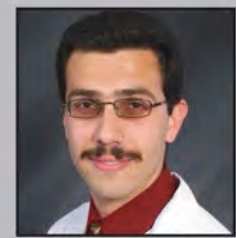
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PCOM Class of 2016 Graduates

I've learned that people will
forget what you said, people
will forget what you did, but
people will never forget how
you made them feel.

- Maya Angelou

The Class of 2016





Class of 2016 Vision Statement

We promise our colleagues,
the DO Class of Two Thousand and Sixteen,
that united by humility and mutual respect,
we are dedicated to support each other personally--by nurturing friendships,
and professionally--by serving as resources for one another.

We deeply value our mentors,
and promise, in kind,
to serve as mentors for each other, our patients and our community.

On our lifelong journey as physicians, we promise not to lose our compassion.

We will not only talk *to* our patients, but *with* our patients.
This conversation must recognize diversity,
as well as the internal and external factors that impact health and wellness.

We recognize that our responsibilities as physicians
extend beyond our practice into society.

We strive to stay active and give back in both our local and global communities.

We are the future of health care.

As we adapt to changes in policy and technology,
we will remain grounded in the traditions of Osteopathic Medicine.

We will be confident in our decisions and honest with our doubts and failures.

We recognize that we have the responsibility to do what is right--not just what is easy.

As we honor the heritage of those who have come before us,
we promise to build upon this legacy for those who follow us
at

The Philadelphia College of Osteopathic Medicine.



Asmerom Adhanom

Can't believe the time has finally come! I'd like to thank all of my family and friends who have supported me financially, emotionally, and spiritually through some of the most difficult times. Without them, those challenging moments would have been nearly impossible to overcome.

To all of my classmates- Thank you for the great memories! I wish everyone the best of luck with residency. Please remember, do not ever lose sight of why you came to medical school!! With all the distractions of dealing with health care policy, insurance, hospital logistics etc, it's easy to start losing sight of your purpose as a physician. Keep grinding and make your fellow DOs proud.

Quote- "If you ask me, med school is pretty easy. It's like riding a bike and the bike is on fire and the ground is on fire and everything's on fire because you're in hell"



Rahul Ahuja



Fatima Ali



To my Husband: Thank you for your love and support these past four years. For changing diapers and cooking dinner when I couldn't. I could not have completed this journey without you.

To my son and daughter: Thank you for putting up with a mom in medical school. For listening to Robbins as a bedtime story, it put us all to sleep. Coming home to you guys after a long day gave me more energy than a Red Bull ever could.

To the Class of 2016: Congratulation and good luck in your future endeavors. No one knows the amount of hard work you put in these past few years more than a fellow classmate.

Joshua Allgaier



Thank you mom and dad for supporting me through all the years of schooling. You guys went above and beyond and I am truly grateful.

Thank you Holly for keeping me sane through all the exams, applications, interviews, and various other stresses of the medical student life.

"Keep your eyes on the stars, and your feet on the ground."
- Theodore Roosevelt

Kevin Amiri

I want to thank my mother for instilling the value of education in me as young boy. Her commitment to my sister and I has spoken volumes. I want to thank my father & sister for supporting me through my journey of higher education. I am blessed to have wonderful family and this achievement is their's too.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." – Mark Twain

To my classmates, remember what brought us here. Don't let the hassles of bureaucracy or insurance companies get you jaded. Let the patients bring your enthusiasm out and continuously remind you that it is about bringing ease and comfort to their lives in a time of great distress. I wish you all good luck. Keep the passion for improving the lives of others where ever you go.



Nicole Anand

To Mommy, Daddy, and Nikhil – thank you for believing in me and reminding me that I could do it, even when it felt impossible. Thank you for instilling within me the drive to not just chase my dreams, but to catch them. Thank you for being my inspiration every day. I love you times infinity.

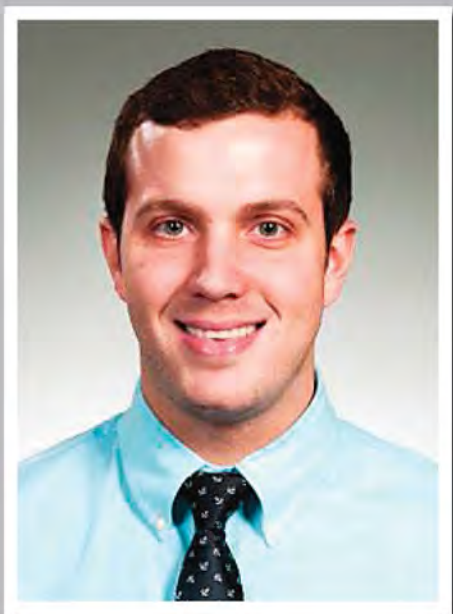
To Vika, Jena, and Jared – thank you for being the best friends a girl could ask for. I would not have have survived, let alone graduated, had it not been for you. I can't wait to see where life takes us!

To my soon-to-be-husband, Maarij – thank you for your absolute and unequivocal dedication to my success – you prided in my every accomplishment and broke my fall for my every mistake. You have always been my loudest cheerleader. I love you endlessly!

Congratulations to the Class of 2016 - so proud of us all. We did it!!!



Christopher Anzalone



Kyrillos Awad



Eric Bailey

As I reflect back on my endeavor toward becoming a physician, I am cognizant that without the support of many others this accomplishment would not have been possible. So to all of you, I offer my sincerest of thanks in helping me to achieve my dream.

Thank you to the PCOM faculty and staff for your wisdom and guidance. Thank you to all my classmates for your camaraderie and collaboration. Thank you to my closest friends, Ben and Dom, for the belly laughs and heart-to-hearts. Thank you to my Mom, Dad and the rest of my family for your love and encouragement.

Finally, thank you to my wife, Heather, for your unwavering support and constant reassurance that it would all work out. I love you, forever and always.



Caitlin Baldwin

My mom has always told me everything happens for a reason, and she couldn't be more right. I am so grateful for the amazing four years at PCOM and the life-long friendships that truly made this journey worthwhile. Cheers to the Class of 2016 from the LV!

Thank you to my cousin Andrew who gave me the passion and confidence to pursue a career in medicine. I would not be where I am today without the unconditional support and love from all of my family. My Mom, my best friend, thank you for the surprises to make me smile and answering my calls when I was stressed. Thank you Dad, for always being the sensible one, our rock and believing in me since day one. Jer, thank you for always reminding me to be silly and have fun along the way!

"You can never be overdressed or overeducated." - Oscar Wilde



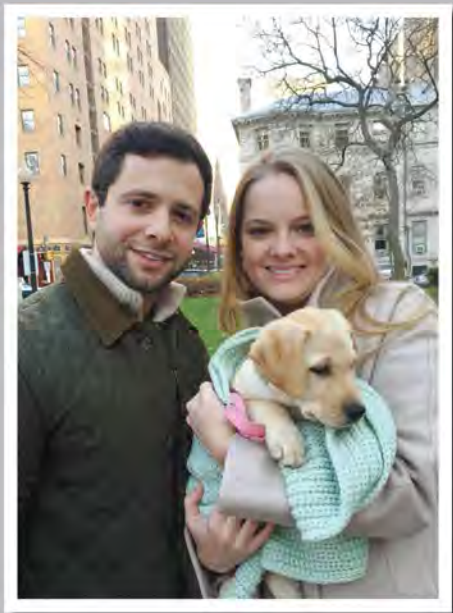
Ashley Barfield



"You do not go after what you want, you will never have it. If you do not ask, the answer will always be no. If you do not step forward, you will always be in the same place."

P.S. Thanks Mom & Dad!

David Barnabei



"The only thing standing between you and your dream is the story you keep telling yourself as to why you can't achieve it." - Jordan Belfort

Mom, thank you for my confidence. Dad, thank you for believing in me. Laura, thank you for always being there for me. Tabitha, thank you for all your love and support, thank you for helping me realize my potential. To the rest of my family, thank you. Finally, PCOM, thank you for giving me a chance.

Courtney Bennett

Congratulations Class of 2016! I wish you all the very best that life has to offer. Thank you to all the wonderful faculty at PCOM. I am forever thankful for the education that each of you have played a role in providing me with over the last four years.

Thank you to my husband, Andrew, for the continuous love and support in helping me chase my dream of becoming a physician. The last few years have been such an adventure and I couldn't have asked for a better person to have shared this journey with.

Mom, Dad, Marissa, Kate, Grandma and Grandpa: I want to thank you for the encouragement, unconditional love, and guidance that you have always given me. I am so blessed to have each of you in my life. I could not have asked for a better family.

Tye: Having you as my neighbor was one of the best parts about living in Philadelphia for a few years. I will always treasure the memories from Gypsy Lane. You are such a wonderful, caring person and you have the biggest heart. Your going to make an awesome doctor.



Paige Black

"Surround yourself with the dreamers and the doers, the believers and thinkers, but most of all, surround yourself with those who see the greatness in you, even when you don't see it yourself"- E. Lee

Mom and dad, of all the teachers I have had in my life, you have undoubtedly been the best. Thank you for all of your sacrifices to give me a chance at this lifelong goal. Grammy- Remembering how you believed in me has been my biggest motivation. Abe, Ross, and Libby- Thanks for the laughs and memories every step of the way.

Austin, from MCAT to match day, I am so grateful for your support. I'm lucky to take this journey with someone who shares my dreams.

To the Class of 2016- I am proud to reach this milestone with such a wonderful group of people. Congratulations Doctors! We did it!



Stephanie Bratton



"Nothing worthwhile ever happens quickly and easily. You achieve only as you are determined to achieve... and as you keep at it until you have achieved." -Robert H. Lauer

Thank you to all of my family and friends that have supported me tirelessly along the way, through the good times and the bad. You'll never know how much your love and support has meant.

To all the wonderful friends I've made during my time at PCOM, my life is better for meeting all of you and I can't wait to see what the future holds for each and every one of you!

These past four years definitely have not been easy, but we made it! Congratulations, Class of 2016!

Anna Bossert



Thank you to my amazing parents, sisters, Zach and of course LouLou and Beesly. I would not be here without your confidence and support.

Lindsay M. Brescia

"To laugh often and much;
To win the respect of intelligent people
and the affection of children;
To earn the appreciation of honest critics
and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To leave the world a bit better, whether by
a healthy child, a garden patch
or a redeemed social condition;
To know even one life has breathed
easier because you have lived;
This is to have succeeded."

- derived from an essay by Bessie A. Stanley

To my family and friends, for being delighted with my achievements, for sharing
my disappointments, for always being there... Thank you!



Jennifer Bronstein



Jessica Calandra



First and foremost, I would like to thank my parents for providing me the opportunity to pursue this extensive education. Your natural ability to work 7 days a week is a trait I really hope I've inherited, and this career will be the ultimate test! Vi voglio bene.

To the rest of my family, friends, and Colin: thank you for all of the support and encouragement. Don't worry, I will still give you my now somewhat professional medical opinions for free. But also please check with your own doctor.

To my colleagues: I'm so lucky to know such smart people! "The brick walls are there for a reason. They're not there to keep us out. The brick walls are there to give us a chance to show how badly we want something." -Randy Pausch, The Last Lecture

Chelsea Cambria



These were some of the toughest years of my life. We were continually pushed to our limits. Some of my best memories were cramming for pharm the day before the exams with Aruna Puthota and taking the time to cook dinner for my husband and I. Cherishing the little time I had when I wasn't studying really makes me appreciate time more. I feel fully prepared to go onto my next stage of education and life. These past four years were the hardest and greatest years of my life. I am so grateful for God, my husband Matt, daughter Charlotte, best friend Aruna Puthota, parents, in-laws, and family for their endless love and support. Thank you for helping me through!

"Life isn't about waiting for the storm to pass...It's about learning to dance in the rain." -Vivian Greene

Natalie Capretta

To my parents: thank you for always believing in me, even when I didn't believe in myself. It is because of your encouragement that I have been able to fulfill this dream which at one point seemed too far out of reach. I love you to the moon and back!

To my friends and siblings: you have been my own personal army over the past four years and I would not be here if it were not for you. It was your pictures, phone calls and texts that constantly reminded me what was important throughout this journey and for that I thank you! C5 forever

To my colleagues: WE DID IT!!

"Remember the blindness of love does great things to obliterate the wounds of the world" Dr. Siegel



Chelsea Carroll

To my husband: I wish you could walk up there with me. I know I wouldn't be where I am if you hadn't been there for the tears, the panic attacks, the anger and frustration that sometimes had nowhere to go but at you. Thank you doesn't cover it, but hopefully being a stay at home dad with a beach house will!

Mom and Dad: I owe you both so much. The only way someone gets through something like this is by having people that believe in them as unfailingly as you did. I'll see you have adjacent (separate) beach houses.

To my friends and colleagues: Thank you for taking this journey with me, and being a part of making my dreams come true.

"You can eat an elephant one bite at a time!" - Mary Kay Ash



Andrew Castellano



To Mom and Dad, thank you for your endless love, support, and guidance.

To Sal, thank you for always looking out for your brother.

To my friends and family, thank you for always being there.

And to Danielle, thank you for your tireless support each and every day.

To all the wonderful people I met while at PCOM, best wishes and good luck on your journeys!

Joanna Catalano



My high school basketball coach used to say: "Potential Ain't Shit" which holds the moral that potential is nothing without hard work and determination.

With that, I would like to thank my parents for instilling in me a strong work ethic and for teaching me how to create opportunity. Thank you for inspiring me to be the best that I can be. I want to thank my Grandparents for supporting my goal to be a doctor at a very young age. To my best friend and sister, Stephanie, thank you for always believing in me. To my fiancé, Justin Rock, thank you for convincing me that I always deserve the best opportunity. I would not be here today without the strong pillar of support provided by my family, fiancé, and friends; I love you all. Shout out to my #yolfyo crew for the amazing memories that made medical school some of the best times.

To my colleagues: we now have all of the potential in the world. I am so excited to see where it takes us.

Mariah Chambers

"You can't make decisions based on fear and the possibility of what might happen." Michelle Obama

The last four years have been an amazing journey but a struggle that I would not have made it through alone. Mom, Grandma, Serrita and Zsaniene, Uncle Saleem and Aunt Gina, my nieces and nephews, my bonus moms Mrs. Cho and Mrs. Sheppard, Ruth Borghaei, Ellen, Tiffany, Thelma, Valerie, Stephanie B, Algernon and Jameel, Thank you. Thank you all for believing in me and keeping me sane. This marathon called medical school was made better just by having you in my corner. I have been so blessed to have you all in my life. Love to all!



Louis Cicatelli



Maureen Clark



Dad, Mom and Nelda: I could have never made it this far without your unconditional and unwavering support. Thank you for everything you have done for me these last four years.

Congratulations Class of 2016!

Mary Collins



Thank you, thank you, thank you to all those who have supported me along this journey!

Most of all to Mom and Dad for always being there, through highs, lows, and everything in between!

Michael, Corey, Conor I'm blessed to have such great big brothers! Sabrina, Shannon, Mary, Christina, and the Carty Family for your love, joyous times and making Philly a new home for me.

I'm especially grateful to Ms. Deborah Benvenger, I know I wouldn't be here without you. Meeting you back in 2012 is a blessing I will never take for granted.

"If." So many ifs, but I aspire to be driven in spirit of Rudyard Kipling's words.

Jacqueline Conroy

"Have a heart that never hardens, and a temper that never tires,
and a touch that never hurts." - Charles Dickens

To my parents, for giving me the opportunity to create my dreams
and the love and support to reach them. Your infinite love,
guidance, words of advice, and food have helped me through it all.
Thank you for being the best parents in the world. I love you!

Cara, Jenna, & Joe - thank you for always making sure that I have
plenty of fun, housing me, spending countless hours talking, and
never failing to give the most honest advice. Alfonso - thank you
for standing by my side through it all. You guys are the best!

Congratulations Class of 2016! It has been an incredible four years.
I am excited to see what our futures hold!



Joshua Da Silva

I want to thank my parents for being infinitely patient through my
many moments of panic and self-doubt. You believed in me from
the beginning, when I didn't know how to believe in myself, and this
milestone is yours as much as it is mine.

To my friends, and especially to Candice, who kept me sane with
vent sessions, movie nights, and words of encouragement.

"You are never too old to set another goal or to dream a new
dream" -C.S. Lewis

This graduation is just the completion of one of many goals. May
we forge new paths as we head together into the world.
Congratulations, Class of 2016.



Christopher Damiano



Dominic DeAngelo



Matthew Debo

Congratulations Class of 2016!

Thank you Angela, Mom and Dad for not only dealing with me when I was stressed out and sleep deprived, but for supporting me through this entire process.

Classmates, thank you for all of the life experiences through this journey. It's crazy to think about how fast these four years went by. I look forward to seeing what the future holds for us all!

"When you reach the end of your rope,
tie a knot in it and hang on."
-Thomas Jefferson



Justin DeRosa

When I reflect back on my time at PCOM, it amazes me to think that I accomplished something that only a handful of people in the world can do, or get the opportunity to do. There are many things that have to go right to find oneself in the position to become a physician; now that I am here, I can reflect upon how I made it.

There are three main things that helped me on my journey to become a doctor. The first is my faith and trust in God that no matter what happens He has a plan for my life, and He is shining a light to help guide me through the unforeseen future. The second is my family. I could not have done this without their unwavering support. In particular my uncle, Dr. Steven Lichtenstein, who I aspired to be like and my mom, Rhona DeRosa, whose self-sacrifice and love for her family has helped me through every step of my life. The third is my girlfriend and fellow classmate, Renée, who helped keep me sane through all the medical school stress.

I am grateful for all of these things and will undoubtedly be relying on them throughout my career as a physician.



Shqiponja Hajdinaj



We did it!!! Aiden, Ethan and Henri, you boys made school so much fun and seem like it was the easiest job ever. I would not have done med school any other way. You were the inspiration behind everything and there is nothing better to come home to than your smiles, kisses and hugs after a 9 hour long exam.

To the world's most amazing husband and dad, thank you being as crazy as me and letting me try med school. I can only imagine the limits for our little boys (good thing I'll set the boundaries). And of course, I couldn't have done this and be sane without the help and support of my mother, my in-laws and my sisters. To my father, watching from above who said "just try it, what do you have to lose" (besides a job as an audiologist, 200K in tuition, and 4 years of my life). You were right, it was all nothing...

Laura Deschamps



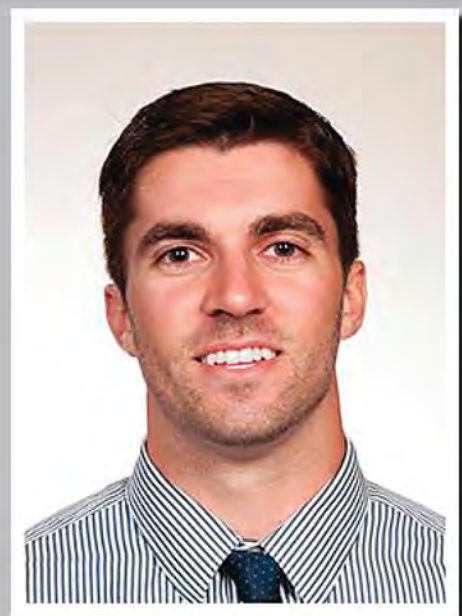
Mom, Dad, and Timmy- Thank you for your love and support over the past four years. I could not have done this without you!

Peter, thank you for always believing in me and being my biggest cheerleader.

Congratulations Class of 2016!

*We are always running for the thrill of it
Always pushing up the hill searching for the thrill of it
On and on and on we are calling out and out again
Never looking down I'm just in awe of what's in front of me"*
- Empire of the Sun

Matthew DeStefano



Stephen Dingley



Kirk Duwel



Just be.

Brittany Ely



"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - Colin Powell

The journey will not be easy but it will be worth it. Surround yourself with positive people who will support you, encourage you, and provide balance to your life. Thank you to my parents for your guidance, love, and support. You are the reason I am who I am today. To my siblings: your presence has pushed me to be the best role model and big sister possible. You all inspire me daily. To my college best friends who put up with my crazy schedule and barely seeing each other: thank you for always understanding and cheering me on. To my colleagues: Congratulations! It was a pleasure spending the last 4 years with you! Lastly, to my fiancé: thank you for always believing in me and being the calm to my storm.

William Ensor

"Watch your thoughts, for they may become your words;
watch your words, for they may become your actions;
watch your actions, for they may become your habits;
watch your habits, for they may become your character;
watch your character, for it becomes your destiny." -Frank Outlaw

To my family, friends, and classmates - what an amazing ride it has been. Thank you to everyone who has supported me through this tough, but rewarding process. Thank you to my beautiful wife who spent many months without me, but never wavered in support and strength. My time spent with the Class of 2016 are some of the best memories of my life. Cheers 2016, to success, and nothing less.



Alexandra Evans

Thank you to my parents, William and Celia Evans, for always making my dreams come true.

Thank you to my brother, Zachary Evans, for his constant support and humor.

Thank you to my soul mate, Matthew Melnick, for listening to me (most of the time) and loving me (all of the time).

Cure sometimes, treat often, comfort always.



Patrick Farrell



I want to thank my mom, dad, the rest of my family, and friends for their unending love and support over the past four years. I could not have made it through this journey without you. All of the missed phone calls and opportunities, emotional highs and lows, and words of wisdom have allowed me to pursue my dream. I will take all that you have given me into the future to be the best physician I can.

Congratulations and good luck to all of my colleagues as we move into the next stages of our careers! I know that we will continue to take on every challenge that comes our way with compassion, courage, and commitment.

Emily Fenimore



Thank you to Phil, my family, and my friends who have supported me unconditionally over the past 4 years. It's been an adventure chasing my dreams, and without your support, this journey would not have been possible.

Best of luck to all of my classmates as this next chapter of our career begins. I know you will all go out into the world and make a positive impact in countless patients lives. I'm proud to call you my future colleagues, the best is yet to come!

Eryn Fennelly

Medical school has been the greatest & most life changing challenge I have faced to date. I am a better person, friend, & future pediatrician because of my time at PCOM & the relationships forged here.

Thank you Mom for not letting me think I wasn't good enough.

Thank you Dad for introducing me to my love of medicine.

Thank you Tristan for never letting me give up.

And thank you to my amazing brother Kyle and sisters, Caitlin, Jess, and Jen for always having my back.

To my colleagues and aspiring medical professionals:
"Go confidently in the direction of your dreams"



Jacob Finkle



Kelly Flores



Wow?! I want to thank my family for always supporting my dreams and aspirations, especially during this amazing and long journey. You are my reason for being a better person. There are no words to describe how grateful I am for your unconditional love and support.

Allan, my support system, I'm so grateful for your faith in me, Philly will always be "our" city. Thank you for sticking with me through this journey.

My amazing friends, thank you for your kindness and support. You have become an extension of my family, I love and I am super proud of all you.

"Never give up on something that you can't go a day without thinking about. — Sir Winston Churchill

Seng Yue Joshua Foong



Looking back, gratitude is an inescapable conclusion. Reaching a milestone serves as a humble reminder of the time, encouragement, and faith one has graciously received from others. I am deeply indebted to my family, friends, mentors, patients, and God, all of whom were steadfast sources of support and belief. Here's a shout-out to illustrious Lab Group 38, a special set of individuals who have blessed me with wit and camaraderie that richly flavored my memories in PCOM. I will miss you all and your antics.

Congratulations Class of 2016! We have triumphantly scaled two Steps, and the Grand Adventure of Residency awaits us. May our thirst for knowledge never be quenched, our ears always ready to listen, and our mind and hands never cease to be guided by compassion. The best is yet to be!

Katherine Garbow

I'd like to dedicate this accomplishment to my grandpa, Guy S. Vissing who funded much of this endeavor, and was always encouraging and genuinely enthusiastic. How bittersweet it is to graduate without him, as he put his entire life's legacy into my education. I have so much to be thankful for...

...for my parents, who as wonderful physicians themselves, inspired me to be a physician, and prepared me well.

...for the rest of my family for their support and love.

...for my friends, especially Wendy and Janice who for the last 10 years have shown me what grace, beauty and unconditional friendship looks like.

Lastly, but most lovingly, for my absolutely incredible husband, Matt who always made sure I was fed, loved, and sane. We did it baby!

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou



Genevieve Gatan-Santayana



Jessica Geida



Thank you to my incredible family, boyfriend, and friends. I would not be here without each and every one of you in my life.

- To my Mom, Dad, Danielle, and Samantha – in the words of Elle Woods "We did it!", or better said you all helped me do it! Thank you for delivering me home cooked meals at the PCOM library, always being there for late night or early morning phone calls, and constantly supporting and believing in me.

- Stefan, thank you for feeding me, loving me, and joining this crazy journey. Looks like you're stuck with me for the next one too.

Quote: "Everything happens for a reason."

Life Advice: Make time for yourself & eat a lot of Ice Cream.

Congratulations PCOM Class of 2016!

Angela Genoese



Congratulations to my fellow classmates!

"Better is possible. It does not take genius. It takes diligence. It takes moral clarity. It takes ingenuity. And above all, it takes a willingness to try." - Atul Gawande

Matthew, I am so fortunate to have gone on this amazing adventure with you. Thank you for keeping me sane, I love you!

Mom, Herb, Gio, Doug, and Donnie, Thank you for supporting me and encouraging me to never give up on my dreams. Life is easier when you have amazing support and I can't thank you enough.

Ama, Thank you for always believing in me. Thank you for raising a strong supportive family and creating the foundation of my success.

Nicholas Ghionni

To my Mom and Dad: you know how important you are to me. I've been almost too fortunate to have you supporting my dreams every step of the way. I know it hasn't been easy, but I want you to know that I learned how to work hard and strive from you both. To my sister, Rachel: we have grown up together, and now were going to go through the next phase in our lives together-I'm the luckiest guy in the world.

To my wife, Sarah: you have been the best teammate I could have hoped. Thank you for keeping me grounded and reminding me of what is really important in life.

"Good things happen to people who care about their future."

NGSR

"Che sara, sara"

PDP



Eugen S. Goeser

Wow, I can't believe it! Four years went by so quickly. First, I would like to thank my wonderful family, my Mom, Dad, Kristof, and Eric for being so supportive all these years and always believing in me. Thank you to PCOM for the educational experiences, great memories, and life-time friends!

"I saw a woman wearing a sweatshirt with Guess on it. I said, Thyroid problem?" – Arnold Schwarzenegger

Congratulations to the Class of 2016!



Marissa Goldberg



"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." - Jesse Owens

Thank you to my mom and dad for their support.

Steven Goodnow



Thank you to my parents for exemplifying who good and kind people are. Thank you to my family and friends for supporting me as I have become the person I am today. Thank you to my wife for inspiring me to be a better person tomorrow than I am today.

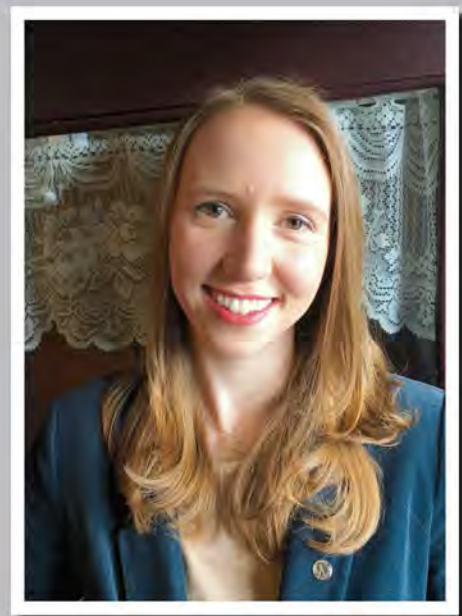
"One hundred years from now, the people who come after us, for whom our lives are showing the way – will they think of us kindly? Will they remember us with a kind word?"

-Anton Chekhov

Devyn Graham

"One dictum I had learned on the battlefields of France in a far distant war: You cannot save the world, but you might save the man in front of you, if you work fast enough."

- Diana Gabaldon



Michael Greco

"Find out what makes you kinder, what opens you up and brings out the most loving, generous, and unafraid version of you—and go after those things as if nothing else matters. Because, actually, nothing else does."

- Nick Offerman

Thank you to all my family and friends for all of your love and support over the past four year.s. Congrats to the class of 2016!



Jordan Greer II



Let the young know they will never find a more interesting, more instructive book than the patient himself.

- Giorgio Baglivi

Sarah Grewal



Dennis Guest



James Haggerty



Michael Halpin



Thanks to Mom, Dad, Megan, Michael, Keenan, and all the friends, family, and mentors that have supported me.

Sana Haq



Though there is only one name on my diploma, this was definitely a group effort! Mama and Abu, thank you for your unconditional love and support, inspiring me to pursue my dreams and never letting me forget that I can do anything I put my mind to. Faiza and Adil, thank you for keeping me grounded and always having my back. To everyone in my corner – thanks for staying by my side. I wouldn't be who or where I am now without you all.

Class of 2016, congratulations and good luck! We're doctors! The next step will have its own challenges but I know we're ready.

"What lies behind us and what lies before us are tiny matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen." -Emerson

Allen Harris

Mom and Dad: Thank you for all of your love, support and encouragement. Thank you for always telling me to dream big and teaching me how to work hard to accomplish my goals. You are truly the best parents in the world.

Lexi: I love you. Thank you for being my biggest fan and the one I can always count on being there at the end of each day. You have been the one by my side through this entire journey and I could not have done it without you, and Quigley too.

Uncle Russ: You are the perfect role model for the physician I hope to become. You have gone above and beyond in every way to help me in my medical career and I could never thank you enough. Thank you from the bottom of my heart.

Words to live by: "Every day is a good day. Some are just better than others." - James Philip Burbrink (Grandpa)



Kevin Hennenhoefer

There are two quotes that have stuck with me:

"Do something to do it, not to have done it."

and

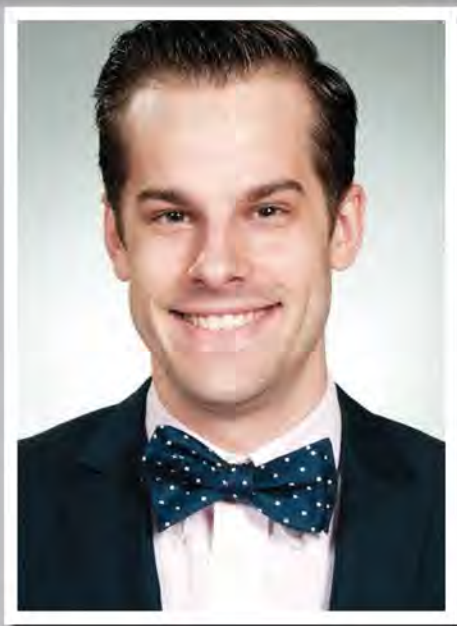
"You spend the most time in your life with yourself, so you might as well make yourself interesting."

Thank you to my wonderful friends and ever-supporting family! Not a day goes by that I am not thankful for your presence in my life.

Cheers!



Zachary Herrmann



Wow, that went fast. I'm not even sure we had a chance to breath. In fact, I think that may be the single most important thing I have learned throughout this journey. Take the time to breath, your responsibilities will wait for you. Take care of yourself so you can operate at maximum efficiency and give your patient's, families and friends the best version of yourself. We owe it to them!

Thank you so much to my family for believing in me and loving me unconditionally. Thank you to my peers for being my inspiration. Finally, thank you to my lovely, amazing, resilient, and all around best partner I could ask for. Future Dr. Sarah Herrbach, I love you with all my heart. I've learned so much from you and for that I am eternally grateful.

"Be master of mind rather than mastered by mind." -Zen

Tiffany Holmes



Well, it certainly has been both a challenging and rewarding 4 years!! First and foremost, I give all thanks and praise to my Lord and Savior Jesus Christ! Without You Lord, I would not be where I am today...I love You. To my Mother and Father, Tracie and Tyrone, my cup runneth over! You were my first examples of unconditional love, and you continue to show me to this very day!! To my husband Reggie, it's you and me against the world babe! I will always love you and be in your corner! To all of my other family members and friends, just know that I love you all more than you will ever know. I am so looking forward to what the next step of this journey will bring!!

"Life's most persistent and urgent question is, 'What are you doing for others?'" -Martin Luther King, Jr.

Cody Hoover

I want to thank my parents Anne and Randy, brother Austin, and every other family member and friend for all of their unwavering support over the past 21 years as I've gone through the process of becoming a doctor. Special shoutout to Greg, RJ, and Tyler for being the original crew since early 1st year; you guys have been there from SPOM, to suffering through CMBM, boards, and every rotation and interview that has ultimately culminated in my future in EM. I could not have done it without everyone.

"Blood, sweat, and respect. The first two you give. The last one you earn."

-Dwayne "The Rock" Johnson

"It doesn't matter if you are a lion or a gazelle. When the sun comes up, you better start running."

- Eric Thomas



Benjamin Horn

It feels like four years have flown by as I look forward to the next step with both exhilaration and terror! I couldn't have kept my sanity without my parents dealing with my high anxiety, Kathryn being the most understanding girlfriend in the world, and the support of my brother, friends, and the rest of my family. To my amazing colleagues that I hope to continue to cross paths, let's change the world.

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." - Michael Jordan



M. Ryan Horn



Hometown: Dayton, WY
Colleges: Colorado State University
& University of Colorado-Boulder

"When the physician
bears
the patient's pain,
then
will medicine,
its fainting hope
sustain."
-unknown

Thank you to the finest group of physicians, the Class of 2016!

Meghan Hubert



"Without heroes, we are all plain people who don't know
how far we can go." - Bernard Malamud

To my mom and dad: There are not enough words to describe how thankful I am for the both of you, and I know I don't say it enough. Thank you for being the most incredible parents and role models. You have always instilled in me the notion that "you can do anything you set your mind to." Without your sacrifices and continued support, I would not be where I am today. Love you!

To my sister, Lauren: Thank you for being "my person" throughout the last 26 years. LYLAS.

Congratulations to the Class of 2016!

Kyle Hummerston



Kaitlyn Iaccarino

Thank you to my family and friends. I could not have done it without you! I love you all so much.

To the Class of 2016- Congratulations and good luck!



Emily Jacobs



Thank you to my wonderful family and friends for helping me get to where I am today. If we stand on the shoulders of giants, I could not be here if not for you - you are my foundations.

Love, laughter and sincerity can make the sun shine even in the darkest corners. Look closely, listen hard, learn constantly, and make a million bad jokes - there's always someone who will laugh (even if it's yourself). Push yourself to finish marathons and beyond, test the limits of the words "I can", and see what mountains you can stand on. There is always more to come.

"If not now, when? If not here, where? And if not me, who?"

Anna Leigh Jamison



Kelly Johnson



John Jordan

Congrats to the class of 2016.

Big thanks to PCOM for making this possible for me.



Jenna Karavan



"Suos Cultores Scientia Coronat (Knowledge crowns those who seek her)." –Syracuse University Motto

I am blessed and honored to have had the proverbial village that raised me from childhood. First and foremost, I would like to thank my parents for their support and undying faith in me. To my family, notably my Aunt Nettie and grandmothers: I thank you all for your kind words and leftovers, both of which are essential to the success of a medical student. I love you all and hope to make you proud!

At PCOM, I have made wonderful friends: Vally, Kelly, Maria, Jake, and Melissa. To my boyfriend Jeffrey: thank you for your inspiring positive perspective and patience. I thank you all for the laughs and late-night coffee. Congratulations to the Class of 2016!

Gregory Kearby



I am humbled and blessed to be graduating from PCOM, whose faculty and staff laid the foundation for my future as an osteopathic physician. Furthermore, I am proud to call the class of 2016 my friends as well as my colleagues. You all will do great things.

First, I would like to thank God for this opportunity to serve others through medicine to glorify His name. Second, I thank my family for their prayers and support over these past 4 years. I would not be here without you. Finally, I would like to thank my beautiful wife, Jen, for your constant love and support. I cannot wait to see where God takes us.

"I can do all things through Christ who strengthens me."
-Philippians 4:13

Kyle Keinath

To my Father, from whom I learned the meaning of hard work,

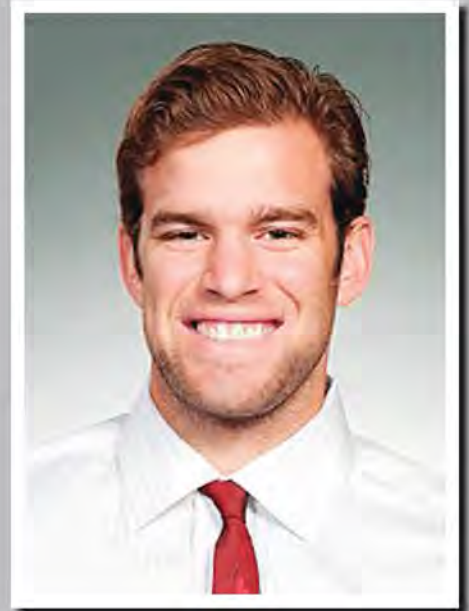
To my Mother, from whom I learned toughness is not exclusive from compassion and kindness,

To my Brother, from whom I learned the value of keeping true to myself,

To my Sophia, for loving me before herself,

Thank you for always believing in and supporting my continued journey of medicine. It was with your continued love that I strive to be the best physician I can be. I love each of you with all my heart.

Your's Forever,
Kyle



Emily Kemner



Stephanie Kemp



Anne Marie Kennedy



"What if I fail?"

"Oh, but my darling, what if you fly?"

-Erin Hanson

I would not be where I am today without the support of my family or the love of my friends. Thank you for the laughs, for putting up with me, and agreeing to be crazy and spontaneous when I needed it.

-2016, "Thanks for the adventure. Now go have a new one!"
(Ellie, Up)

Duk Soo Kim

Career goal: Neurology

Truly, God has guided my way.

I want to give special thanks to my wife, mother, and mother-in-law.

To my colleagues: Indhu, Nelly, Genie, David Chen, Brian Kim, Andrew Tang, Sagar, Nicole Viray, and Jay Bruce,

"Medical school was only bearable because of you guys!"



Eric Kleiman

Thank you to my family and friends for your support.

I love you to my daughter Gianna you motivated me through all the hard times.

"Never say never because limits like fears are often just an illusion"

"Don't worry about them getting the last laugh when you have been laughing the whole time"

KleimanKleimanAndKleiman



Valien Kondos



I would like to share one of my favorite verses that I looked back on time and time again during med school – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future"- Jeremiah 29:11

I am incredibly thankful to have undergone this journey, and could not have done it without the immaculate planning and guidance of my God above, the support of my husband (my rock), my loving parents, my brother, my extended family, and of course my closest colleagues. Jenna, Kelly, and and Debbie – I love you ladies SO much, could not have done it without you!!! We truly have an amazing student body at PCOM, I am proud to be a part of the class of 2016, and sincerely wish everyone the absolute best in their futures. I am blessed and honored to have been given this opportunity, and would not trade it in for the world!

-Vally

Brian Kramer

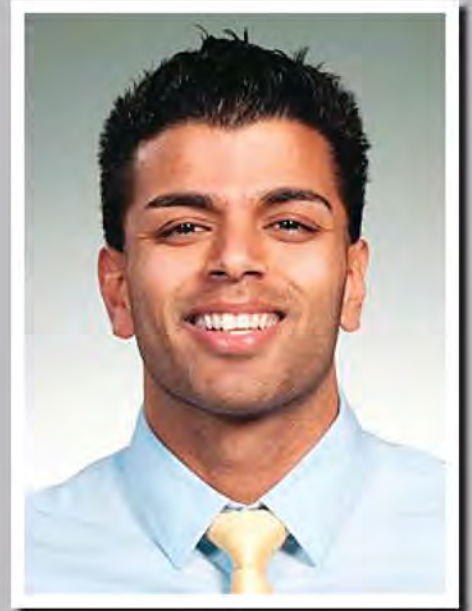


To my Classmates,

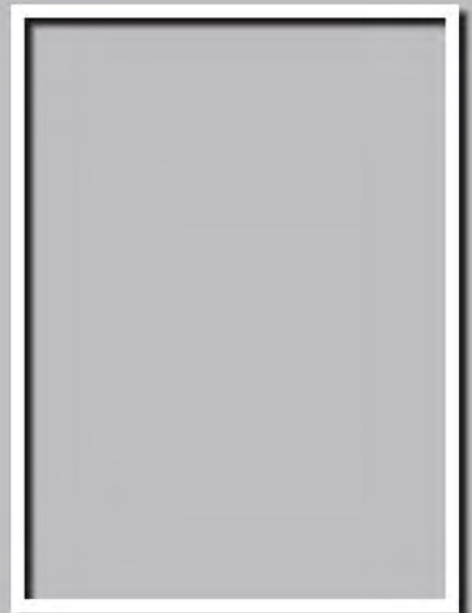
Although you do not have the hands of God, I want to thank you for your support during four very challenging, yet rewarding, years. PCOM has put together a wonderful, hard-working group of people full of intelligence, humility, kindness, and dedication. By far PCOM's greatest strength are its students. I am proud to be a member of the Class of 2016. While we will still be paying our dues for many years during residency, I hope your careers give you great personal satisfaction and allow you to make a tremendous contribution to the communities where you will practice. Whatever happens in the future never lose your sense of humor!

Brian

Akhil Kumar



Ren-Shuoh Kuo





Chelsea Laber

First and foremost to PCOM, this awesome institution- thank you for giving me the opportunity to learn and become a physician. Being a doctor has been a dream of mine for so many years.. thank you for making my dream a reality.

To all the faculty, professors, security guards, librarians, lunch and janitorial staff here at PCOM- my time at this school has been made better because you were here. I'm not sure you get acknowledged nearly enough so I wanted to make sure I said a big THANK YOU to you!

To John Costa-two years ago I sat in your office crying, ready to pack my bags and give up...You passed me a box of tissues and told me that struggles and sadness make you a better, stronger, more compassionate person and physician. Those words have stuck with me ever since, and I wanted to make sure your knew how much they meant to me.

To my family... who have given me nothing but love and encouragement along this journey, thank you for being so incredibly strong over the past few years. Thank you for understanding all the times that I couldn't be there. Thank you for being so supportive, so unbelievably supportive. You will never know how much I appreciate you and how much I love you all.

To my roommates and closest friends, especially Matthew, Riley, Kate, James, Jacqui, Matt, Nick and John... I don't even know how to thank you all enough. Thank you for cheering me up when I cried...but more importantly thank you for laughing with me so hard we cried! I have had the most amazing times with you by my side, and I honestly don't think I wouldn't have made it through this craziness without you all. You have my eternal gratitude and love.

And lastly, to my class, the PCOM Class of 2016- We did it! It has been an amazing journey, filled with obstacles no doubt, but more so of perseverance and strength.



Lauren Lai



Matthew Lambton



Sandra Lee



To Mommy, Daddy, and Aaron (aka DeeDee): your unconditional love and support have always been the backbone for all of my endeavors, and my medical training is certainly no exception. My love and gratitude are always more than you think and definitely more than I let on. Special shout-out to DeeDee because your humor and freakish sage-like wisdom have kept me lighthearted and sane. I love you, Lee squad!!

To Wayne: you are my rock, my partner, my best friend. You have been there from the very start and despite the, shall we say "colorful", emotions I have displayed due to this crazy ride, you have remained patient and steadfast. I am so grateful to have you by my side. You have been blessed to have the right amount of crazy to combat mine. Yes, crazy is a blessing.

Congrats to my friends and classmates! We made it!!

Andrew Leingang

It's been a great 4 years, probably the most gratifying of my life. Congratulations and good luck to all my fellow classmates!

I want to thank my wonderful fiancé and soon to be wife Jory for encouraging me to pursue this venture and for always believing in me, I love you!

Thanks mom and dad for all your support! It feels great to be following in your footsteps and I love you!



Jeffrey Lin

It's been a wonderful ride on the journey towards becoming a medical physician.

To my friends and colleagues, it has been fun! Let's keep in touch wherever we go!

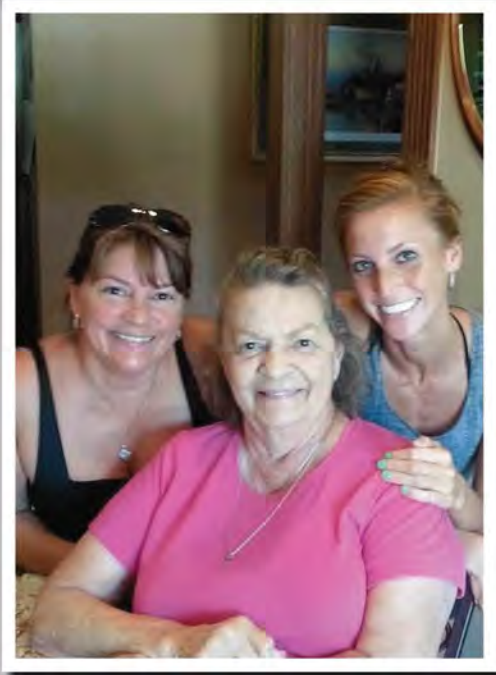
I want to thank my parents, Dr. Joseph and Lily Lin for all of their guidance, support and care through medical school.

To my beautiful daughters, Mika and Yumi, we survived!. Only a couple of years more until we'll be able to play together.

To my beautiful and caring wife, Shiqi, thank you for lifting me up when I was weak, focusing me during the hard times, and sharing the happy moments. We had two babies, bought a house, took a couple of exams, and moved to a new home! I am excited to start this new phase of our lives!



Megan Linehan



Thank you to my family and friends who have helped me through these past 4 years. I could not have done it without you.

I would like to leave behind my multicolor pen for Vlka Vinarsky. You will be needing it!

Now let's go save lives!

Tyler Loennig



Benjamin Longwell

Law III: "At a cardiac arrest, the first procedure is to take your own pulse."

Law IV: "The patient is the one with the disease."

-The Fat Man

My eternal thanks to my family who have always been my bedrock of support, to my friends who have been there to supply moments of much needed levity and to the love of my life for being the one who makes my life more wonderful than words can describe.

To PCOM, I'd appreciate if all alumni donation calls be deferred until after I have completed residency and fellowship. I look forward to hanging up on you in 2021.

To my classmates, I wish you all nothing but the best. Congratulations and Good Luck!



Nicholas Magno

Thank you Mom, Dad (Keep fishing in heaven), Sister+kids, Brother, and associated family. I would not have gotten anywhere in life if it weren't for you, let alone medical school. As for my Fiance, thank you for putting up with me during college and medical school, your love did not go unnoticed.

To my colleagues and peers at PCOM, I implore you to always ask "Whyz it gotta be lyke dat?", especially when it pertains to that C3b jawn.



Matthew Marschall



David Martin



The medical profession is truly one that embodies the response to the calling in my life to live for a purpose greater than myself. And yet this endeavor could not be complete without the gracious consistent support of my wonderful wife Leah and the energetic motivation from our three boys; Landon, Weston, and Grant. Each of you in countless ways have helped me balance school, work, home, community, and financial responsibilities and yet have fun all through the process. The transition into residency continues this lifelong learning process that is not only a dream come true but a constant motivation to use every aspect of my life experience to improve that of others. This demanding challenge is surmounted only by the fulfillment of extending a helping hand and compassionate heart to every person I will serve as a physician. With gratitude, Dave, Dad, and now Doctor.

Eric Mastrogiacono



Olivia Menardy

"Who needs a degree when you're schoolin' life" - Beyonce

Just joking- To my classmates, Thank you for making medical school some of the best years of my life. I realized my class, my school, and my experience is rare. You guys (and my reality television obsession) have really made some of our biggest obstacles at PCOM feel doable. From the countless study guides that you have all shared with me, to the fierce post exam partying, and to the amazing sense of humor we have all shared on facebook. Love you Guys :-)

I would also like to thank my parents, my #TempleMade friends, my PCOM family, trap music, boyfriend, and my roommates for getting me through these past four years. Love, Livster



Melissa Meyer



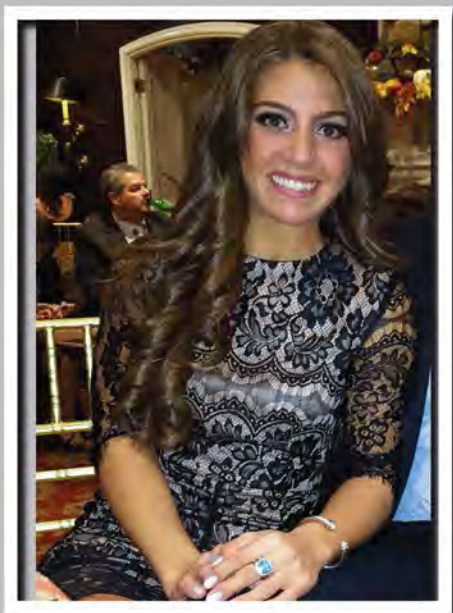
Thank you so much Mom and Dad. Your unyielding love and support were what got me through this whole process. I know I couldn't have done it without two such wonderful people by my side or just a phone call away.

The past 4 years have been some of the hardest and most gratifying years of my life. I have learned more than I can possibly say, much of it not about medicine. I have learned compassion, respect, and the true importance of friends and family. I have also learned that many times other people say it better. So quote to one of my favorite actors:

"You treat a disease, you win, you lose. You treat a person, I guarantee you, you'll win, no matter what the outcome." – Patch Adams

Congratulations Class of 2016! We did it!

Valerie Michaelides



I am filled with an overwhelming sense of joy and gratitude as I write this message. These last four years have been ones of incredible growth, sacrifice, dedication, and most of all, faith. I am so thankful for my family, friends, wonderful boyfriend Joseph, and most importantly God for supporting me along the way. I could not have gotten to where I am today if not for them. I know my grandfather is looking down on me and smiling. He would be proud of the person and now doctor I came to be.

My motto in life has always been to stick with a plan that allows you to close your eyes at night and sleep soundly. I can proudly say I have done just that.

Congratulations to the Class of 2016!

Suzette Millington



John Mills

I think that everyone in this yearbook understands what I mean when I say that these 4 years have been incredibly difficult but also rewarding beyond belief. None of us could have gotten through this without some kind of support system. For me, that came largely from my parents, my sister, and my class. To my parents, you have done everything for me and always take every opportunity to go above and beyond all expectations to help me with whatever I need, even when I don't ask. I would never be where I am today without you. To my sister, thank you for constantly reminding me when I complain about how difficult things are or how much my life is going to suck, that I made these decisions for myself, so it's my own fault. You deserve to get a few shots in every now and then! To my class, I've never been part of a better group of people than this. I would not trade the experience we created together for anything. Thank you all and never change.



Tyesha Milton-Pope



"Without courage, we cannot practice any other virtue with consistency."

This voyage started with one scary yet deliberate decision: Go forth and become the physician who has a positive impact. Words fail to describe the pride, excitement, and relief that I feel finally seeing in myself the makings of the kind of physician I'd like to become.

In my family, the crime is not failure, but quitting. Thank you to all those individuals who believed in, inspired, and supported me through this long and triumphant journey in making my dreams reality. In my eyes, that's part of what true love is. The biggest thanks goes to my mother, grandmother, and uncle for creating the kind of childhood that yielded me. No matter the past, I am grateful that it led me into THIS future.

Danial Mitchell



Anthony Moon

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interest of others.

Phillippians 2:3-4



Robert Murray

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." - Albus Dumbledore, The Prisoner of Azkaban

"Blessed are the pure in heart, for they shall see God." - Matthew 5:8

Did you hear about the hipster that drowned? He fell into the mainstream.

"And who's to say this isn't what happens? Who can tell me that my fantasies won't come true? Just this once..." - John Dorian, Scrubs



Shaun Najarian



I wouldn't have been able to achieve my dream of becoming a doctor without the love of my life Alissa, and without the support of family, friends and PCOM. Thank you Mom and Dad for always teaching me to do the right thing. I am very blessed.

Way to go Class of 2016!

"To touch is to heal, To hurt is to steal, If you want to kiss the sky,
Better learn how to kneel..." - U2

Alexa Namba



To my family, thank you for believing in me all these years! Momma and Dad, I wouldn't be here without your love, support, and Sunday dinners. Aaron, I couldn't imagine a better partner in this crazy journey through medicine.

Congratulations and best wishes, Class of 2016!

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."

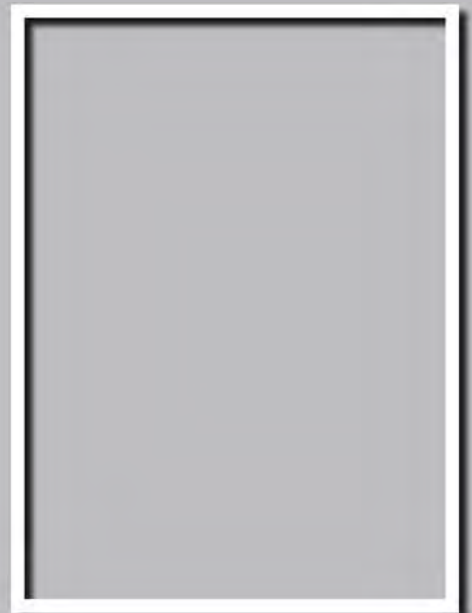
- Jane Goodall

Daniel Dat Nguyen

1 Corinthians 13:8



David Nguyen



Valerie Nguyen



Hometown: Newtown Square, PA

Colleges: University of Pittsburgh
& A.T. Still University-Kirksville

Thank you to my wonderful family and friends
who have supported and encouraged me
throughout this journey.

To the Class of 2016:

I am proud to count myself amongst such a caring
group of future physicians. Your character and passion make
me proud to be part of the PCOM family and excited to
practice with you all in the future.

Nupur Nischal



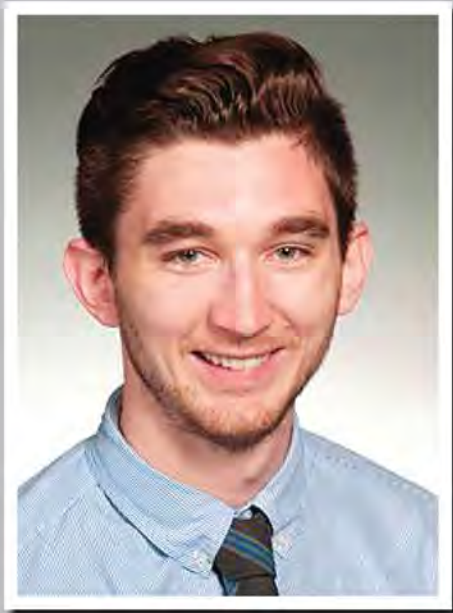
Frances Norton



Phillip Orlando



Conor O'Sullivan



Jonathan Paly



The privilege of becoming a physician has only been possible through support and encouragement from my amazing wife Tori, my family, my friends, my mentors, and our fluffy optimistic dog. Without their support, a mid-twenties engineer might have stuck it out at his job and always wondered if he'd had a shot at his dream career. It was this same group that kept me centered and having fun through what would have otherwise been a very stressful four years.

Finally, a quote that I've been contemplating the meaning of since M1 orientation.

"To find health should be the object of the doctor. Anyone can find disease."

Andrew Taylor Still, 1874

C. Woodworth Parker

"The answer is 'No' if you don't ask" -Patricia Fripp

Congratulations, Doctors! I am so fortunate to have been surrounded by such impressive, smart and talented colleagues. "Oh the Places You'll Go!"

Thank you, Mom and Dad, Alex and Lauren, and Aunt Millie for being my rock. Dr. Black, for your always present support and perspective. Dr. Becker, for being what I consider the pinnacle of clinical medicine and one big reason I chose Family Medicine.

See you in the fleet!



Catherine Paszek



Lee Paulson



"All your dreams can come true, if you have the courage to pursue them"
-Walt Disney

Mom and Dad, thank you for being the best parents and role models a girl could ask for. I am forever grateful that you raised me to believe I can achieve anything I put my mind to and for giving me the courage to follow my dreams.

Leif and Erik, thank you for being the best, most loving, supportive and inspiring big brothers.

Eddie, thank you for your constant love, support, and encouragement. I am so lucky to have you in my life and look forward to our future together.

To my friends, grandmother, and second family, thank you for being the incredible people that you are. I could not have made it through this journey without you.

Congratulations, Class of 2016!

Mary Pease



Heather Peluso

"It's not the absence of fear, it's overcoming it. Sometimes you've got to blast through and have faith." - Emma Watson

Mom and Dad, thank you for instilling in me the belief that I can do anything that I put my mind to. I would not be the person I am today without your love and support. Julie, thank you for being the best 'big' little sister. You may not be a doctor, but you are an extremely talented and ambitious rocket scientist.

To my extended family and friends that have housed me, fed me, or provided encouragement, thank you. Your selflessness and generosity means so much to me. I could not be more grateful for all of the friends I have made during this journey.

Congratulations, Class of 2016!



Robert Perkins

"You have achieved a great victory and assumed a burdensome obligation. Your training was superior, earning you a membership in a select group. t Your profession will be medicine, your product will be life"
- Dr. Arthur Sesso D.O

I would like to thank my mom and dad for providing me with my work ethic which has carried me through this journey. My brother Alex and my grandparents for driving me to be the kind of person I want to be

Maria, thank you for always being there, I could not have done these 4 years without you. You are the hardest working person I know and I look forward to our life together.

Lastly, I would like to thank and congratulate all of the wonderful people that have taken part in this endeavor with me. I wish you all continued success



Nicholas Polise



Thanks Mom and Dad with honorable mention to Mike and Alex.

Indhu Prabhakaran



Thanks to my parents and brother for supporting me.

I would also like to thank all my buddies.

:)

Usha Prasad

"The best way to find yourself is to lose yourself in the service of others".

- Gandhi

I would like to thank my parents for providing me strength and guidance as I accomplish my dreams. I could not have done this without all of your help. Thank you for always supporting me!

I would also like to thank my sister and Mark for all the support you have given me and for staying up with me on long nights before exams while I vent and stress. Thank you to all of my amazing friends, I would not be here without you all.

Congratulations to the Class of 2016. We did it!!



Vincent Pronesti



Aruna Puthota



Dedicated to my Grandparents: Thatha, Nainama, Ammamma and Papa- for teaching me unconditional love, patience, kindness, courage, and diligence. Your wisdom inspires my goals and your love helps me to achieve them.

This has not been an easy road, but I did not walk it alone. Each step of the way I had the blessing of a loved one to help carry me over the next hurdle- and, for that, I will be continually grateful. Thank you to my remarkable parents- Abraham and Vimala- for being my biggest fans. I will strive to be the doctor that you have always seen in me. Thank you to my siblings- Marty, Kate, and Antz- for the reality checks, hugs, and perpetual encouragement. Thank you to my dear friends- Chelsea, Kate, Usha and Deb- for the laughs, understanding, and support.

WE Did It!

Michelle Quinn



Julianne Rees

Thank you dad, mom, Col, Tom, & Poe for your support and encouragement!



Abby Rhoads

" If I can stop one heart from breaking, I shall not live in vain;
If I can ease one life the aching, Or cool one pain,
Or help one fainting robin, Unto his nest again,
I shall not live in vain." By Emily Dickinson

As I reflect on my journey to become a physician, I am blessed to have people who have helped me reach this achievement. Thank you to my Mom and Dad for your unwavering support. My daughter, Alexia, for understanding the times I could not be there and showing pure excitement with the great memories we have made. To my fiancé, Todd, thank you for sticking by my side through thick and thin and being an amazing man I know I can depend on. As well as all the amazing friends I have made through this process, you will all be amazing doctors!



James Rixey



Justin Ross



I am so grateful to my family and friends for walking with me through hard times, and celebrating with me during the good. But really, without my wife Sandra, none of this would be possible. She was always in my corner and I could not have asked for a better partner.

I will miss all those I counted as friends, and hope to practice alongside you someday in the future when we actually figure out how to practice medicine. Congratulations to everyone in the Class of 2016, I wish you all the best!

David Russell

I would like to thank my family for all of their support throughout medical school and beyond. I would also like to thank my friends who suffered with me through the difficult exams and spent hours with me at the Points. Congrats to all in the Class of 2016 and good luck!

"In wine there is wisdom, in beer there is freedom, in water there is bacteria."

-Benjamin Franklin



Nicole Ruth

These past four years wouldn't have been possible without you Mommy and Daddy. Your support and encouragement always helped me get through hard weeks. You have no idea how grateful and appreciative I am. I had a great four years- THANK YOU!

Leki, you are the best sister. You always reminded me to have a little fun along the way.

Grannie, Grandpa, Uncle Corey, and Jojo, thank you for constantly listening to me and being there for me.

And my girlfriends, Sarah, Cass, Liz, Michele, and Jen, I love you girlies! You always stayed on the phone with me when I needed you guys. You have no idea how much your words meant to me. I am so lucky to have you all.



Chelsea Ryan



Thank you to my family and Kasey for supporting me through this journey. I could not have made it this far without you. I am now officially off of your payroll. Thank you to my PFF, Alicia Cornelius Bernadette Francine Wells, for going through these last 4 years with me! Somehow, we managed to survive this craziness. We didn't even have a Wa-, Wa-. We didn't even have vests! Thank you to the creators of Picmonic. You have somehow managed to make studying hilarious. I will forever quote you in the years to come.

Michael Sass



To my parents: None of this was possible without you. Thank you for everything. I love you. "Learn that poem"

To my wife, Kate: Thank you for sticking by my side through it all. I am forever grateful. Your belief in me kept me going in the toughest of times. We made it through all of the struggles and tears. We are a stronger couple because of it all. I love you!

To my kids: Kennedy; it has not been easy for you and I am sorry for that. I hope you understand how important having you with me was through this. I love you. Maggie; I have not met you yet, but I love you more than I ever thought possible. You are my biggest motivator through the next chapter of my life. I cannot wait to hold you in my arms for the first time. Love, Dad

To my dog, Zeta: You saved me. You are this man's best friend, that's for sure.

Amy Schultz

Tell me and I forget, teach me and I may remember,
involve me and I learn. - Benjamin Franklin

I would like to thank my family and friends for believing in
me and supporting me in my endeavors.

Best of luck to all my classmates in the future!



Noah Schwartzman

I have matured dramatically since my postbac days at Temple after having foregone a career in Philadelphia politics to pursue medicine professionally. At that time, I felt typecast as the NYU journalism grad solely suited for roles in media. Thanks to my family and role models, I was able to overcome seemingly insurmountable obstacles in order to reach this epic personal milestone.

The remarkable notion of how certain elements come full circle in life underscores the very societal reciprocity that I consider a hallmark of clinical medicine. Over sixty years ago, the Jewish Federation offered my father a safe home and warm meal when no one else wished to claim him as their own. Their goodwill paved the way for me to pursue a humanistic career in medicine today. In such a capacity, I will have the platform to extend a benevolent hand to members of my local community in distress or need.



Stephanie Scianni



"Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible."

To all my family and friends, thank you for all the love, support, and words of encouragement along this journey. I could not have done it without you!

To my mom, thank you for being my biggest supporter & advocate, always encouraging and believing in me. To my sister Michelle, thank you for always listening & giving me the best advice.

Congratulations to the Class of 2016 - Best of luck in the exciting futures we have ahead!

Michael Shafik



Jameel Shareef

"Permanence, perseverance and persistence in spite of all obstacles, discouragements, and impossibilities: It is this, that in all things distinguishes the strong soul from the weak." -Thomas Carlyle

Congratulations to my fellow members of the class of 2016! It has truly been a long and arduous journey but, we made it! I have have enjoyed every step of the way with you all. Now, I not only have the pleasure of calling you classmates, I can also call you colleagues. Thank you for helping to make this journey a memorable one. I wish you all much success in the years ahead.

To the faculty and staff of PCOM, my friends, and most importantly, my family. Thank you for your prayers, your counsel, your support, your encouragement, and your love. I could not have done this without any of you!



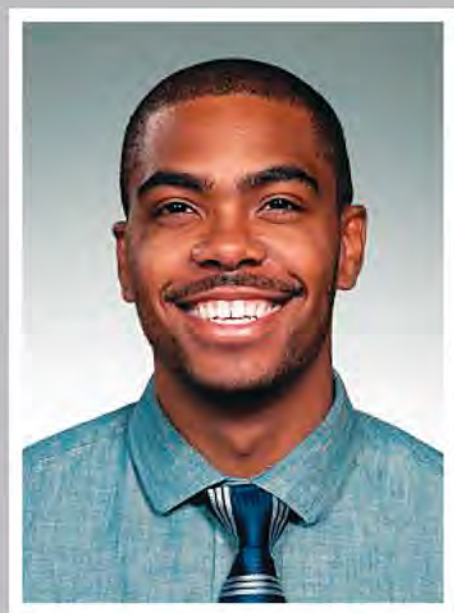
Kyle Sherrod

"I am ready to face any challenges that might be foolish enough to face me." -Dwight K. Schrute

At PCOM I have met some amazing friends who have motivated, comforted, and at times helped carry me to this finish line. I am truly grateful for you all and excited to see what you accomplish.

To my family, especially my parents and brother, thank you for believing in and supporting me. I know it hasn't been easy dealing with my moods, and moving forward I will be better. Love yall.

Lastly, I dedicate this accomplishment to my Mom-Mom and best friend Kenney Hunt who passed during my time here. I love and miss you.



Maria Shiptoski



To my Madre and sister, Kelly: You are two of the strongest women I know. Thank you for always believing in me, for being my personal advocates and enthusiasts while constantly inspiring me to learn more, to seek more, and to be more. Without you, I would not be the woman I am today. Love you more. Lady bugs. Lots and lots of lady bugs.

To my Nana and Pap-Pap, late Grandpa K., and the rest of my phenomenal family: Thank you for your continuous support and love. This journey would not have been possible without each and every one of you.

To my person: Without you, I would not have survived medical school. Thank you for listening to my nonsensical antics, for our Sunday breakfasts and study sessions, and for our walks along Kelly Drive. I am so grateful to have you in my life.

To my friends and future colleagues: Congratulations on all of your past accomplishments and the many more that are to come. Your talent, compassion and humility impress me every day and challenge me to be the best I can be. I am proud to be part of such a wonderful, caring community. Best wishes!

"The more I live, the more I learn. The more I learn, the more I realize, the less I know."
-Michel Legrand

Jacob Shook



I would like to say thank you to my friends and family who have stood by my side throughout the last four years at PCOM. A special thanks to my Parents who I could never thank enough for everything they have done for me. Medical school is just the beginning of what medicine has to offer, and it is my wish that all of our careers have a positive impact on those we serve. I wish you all the best class of 2016!

"Courage is being scared to death, but saddling up anyway."
-John Wayne

Tristan Simmons

Thank you to my family and friends, without your love and support I would never have achieved my dream. Many of you have sacrificed just as much as me to make me who I am today.

Many thanks to PCOM and the medical community, the making of a doctor is more than just an individual effort.

Also, special thanks to Dr. John Truman Carter, III it was through your inspiration I became a Physician.



Surjeet Dheer Singh

To all my family and friends, thank you so much for your constant support and for believing in me, more than I ever believed in myself. A special thanks to my parents, Inderjeet and Rupinder, wife, Naha, and brother, Parmeet, for tolerating me this whole time. I love you! To Sagar, Parth, Samir, Indhu, and the rest of the Class of 2016, I'm grateful to have met you all. Congratulations! I sincerely wish you the best of luck and all the happiness in the future. Lastly, thank you PCOM for giving me the opportunity to become a physician.

By conquering the mind, you can conquer the world! - Guru Nanak Dev Ji

"It's impossible," said pride. "It's risky," said experience. "It's pointless," said reason. "Give it a try," whispered the heart. - Unknown

We make a living by what we get, but we make a life by what we give.
- Unknown

If you enter this world knowing you are loved and you leave this world knowing the same, then everything that happens in between can be dealt with.
- Michael Jackson



Jena Song



Manasa Sridhar



Michael Stefanowicz



Andrew Tang



Renee Tehrani



It seems like yesterday that we began our medical school journey as first years in anatomy lab, apprehensive of what was ahead. Little did we know how quickly these four years would go by. I could not have asked for a better group of intelligent, kind and supportive classmates to go through this challenging yet rewarding journey with.

Thank you to my amazing family, friends and boyfriend and fellow classmate Justin for giving me the love and support I needed to achieve this incredible accomplishment of becoming a physician!

Rishi Thakarar



"This is it, don't get scared now."

- Kevin McAllister
Home Alone

Special thanks to my parents and friends for their unconditional support.

2016, it was fun making you laugh and throwing you parties. I promise to send emails announcing the reunions.

Dieynaba Marième Touré

"However long the night, the dawn will break."

- African Proverb

I would like to thank my Maker, my family and friends for their continued support.

To my parents, thank you for believing in my childhood dream.

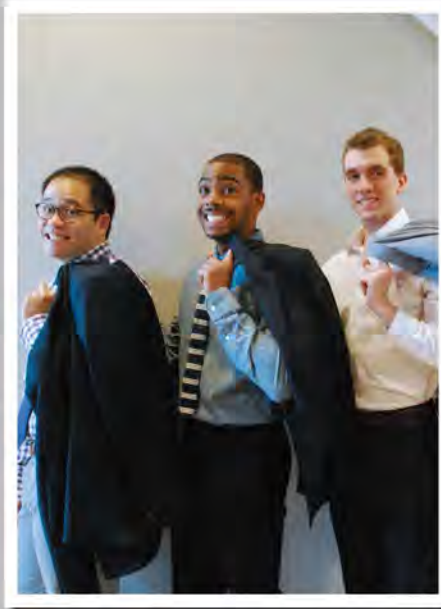
Ubuntu!



Nancy Tran



Thuong Tran



Congratulations to PCOM Class of 2016!

It has been an amazing experience working with all of you. I couldn't have asked for a group of better people to go through four years of medical school with.

The anatomy lab, PEP's, basketball, ping pong and countless hours of studying in the library. These are just few of the memories I'll never forget. I wish you all the best of luck with your future careers.

Lastly, many thanks to my family and friends back home. Without your support there's no way I could've gotten to where I am now.

Sagar Rohit Vadhar



"A man travels the world over in search of what he needs and returns home to find it." - George A. Moore

To my family for their unwavering love and support.

"Better to remain silent and be thought a fool than to speak out and remove all doubt." - Abraham Lincoln

To my brother Neil who has been my best friend and mentor throughout my entire life.

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi

To my mom & dad who've always provided me with warm burritos & rotlis and showed me the meaning of diligence & perseverance.

"There are good ships and wood ships, ships that sail the sea, but the best ships are friendships, may they always be!" - Irish Proverb

To my best friends in medical school: Parth, Surjeet, Samir, & Indhu.

Nicole Viray Newingham

Congratulations Class of 2016! We're doctors!

The endless hours studying, infinite caffeine runs, early hours, and tears finally paid off into success! Thanks to my supportive, patient, and encouraging family. To my husband, Dan, and the greatest Mom, thank you for always hanging in there with me! I couldn't have made it through without your constant support. To all my friends/second family, we made it through together in one piece, tougher than we started! We made it!

"Believe in yourself and all that you are. Know there is something inside you that is greater than any obstacle."



Antonio Logan Valone

Congratulations Class of 2016 - a privilege to be surrounded by such a talented group of wildly different but like-minded individuals.

Thank you to previous PCOM graduates, whose hard work established the reputation we all now enjoy, especially class of 78: Sunseri, Russell, Kornberg...oh and Charles Valone, heard hes smart.

Additional thanks to Doc Bauer and the Zahlers. Cheers to my friends who tipped a glass at The Points, grub n boo, biked, and otherwise explored Philly with me over the last 4 yrs, I had so much fun with you all, some of the best memories in my life (somehow).

Grazie alla mia famiglia: Agné, Nick, Salvatore, Mario, Kayda n' Kegan, Jamma, Bumba, Grands, Valone and Kildisaite - probably don't say it enough, but I love you all so much.



Michelle Vu



I want to thank my family for their unwavering support through all these years. Whether it be my dad driving the 3 hours each way to change the brakes on my car so I could make it to school/rotations safely, my mom slipping me extra cash whenever I came home, or my brothers paying for my cellphone/meals/books etc., I am the luckiest person to have such an amazing family.

Thanks to all my friends who kept my spirits high during medical school. All the target runs, Chipotle/CPK/Honey Grow meals were always a treat. The random times we did end up at Five Points will never be forgotten.

Congratulations PCOM DO Class of 2016, we did it! If at any point during intern year you think you may drop a deuce in your pants, just remember what Dr. Kornberg says, that is why God invented dark underwear.

Rebecca Wadlinger



"Knowing when to cure and when to care is the art of medicine and the epitome of science." - unknown

Thank you, first and foremost, to my parents and family for their continued support throughout my entire educational career, but especially these past four years. I could not have done it without you. Thank you to my friends and loved ones for always being there; it made this journey endurable.

Congratulations to the Class of 2016. I am honored to call you my classmates and colleagues. I look forward to consulting you in the real world! Good luck to each and every one of you.

Aaron Weaver

Thank you to my wife, Mary Weaver, for marrying me less than a month before the start of classes. Your support over the last 4 years through all the studying, rotations, and "pre-test PMS" means more to me than you'll ever know. To my daughter, Rose Ellen Weaver, thank you for coming into this world, for being the motivation that keeps me going, and for showing me what is most important in life.

Thank you to my parents - Dad, I hope you realize that you are, and always have been, my role model. Mom, thanks for always answering your phone during all of those long drives home. Thank you Isaac for always reminding me "There's a big test coming up!"

Thank you to all the Websters for putting up with me through this crazy time and allowing me to practice OMM on pretty much all of you - enjoy the free health care.

Congrats Class of 2016 - especially all the Vs, Ws, and Ys!!!



Holly Weeks

First, I want to thank my incredible husband who has stuck by me since we first started this long journey 10 years ago. Richard, you are my rock and my best friend. Our love is one that allows me to believe anything is possible. You are the reason behind my smile, and knowing I have your support every day keeps me going. Baby Weeks and I love you more than words could ever say!

Second, I want to thank my family and friends who have always encouraged my dreams. Mom and dad, thank you for allowing me to make mistakes and for sticking by me through them. I would not be who I am without your unconditional love, generosity and inspiration. Also, thank you to my amazing sister Dr. Kim Brizell. Going through this journey with you has been an honor.

Finally, thank you to all of the professors and attendings who have taught and mentored me along the way. I am forever grateful.



Kara Weichler



I would like to first thank my parents and sister, Karleigh, for supporting me and encouraging me to pursue this dream. Thank you for always pushing me to reach my goals. Without your love and support this accomplishment would not have been possible. A special thank you to my mom for always being just a phone call away when I needed to talk. I would also like to thank my friends for being a shoulder to lean on when things got tough, as well as a distraction from school when I needed it.

Thank you to all my friends I have made here at school. Having such close friends to celebrate and support each other through all the bumps and turns on this journey has been an incredible blessing!

To all my classmates of 2016 congratulations! I know everyone will do great things and I am excited to see what the future holds for us!

"The future belongs to those who believe in the beauty of their dreams"
-Eleanor Roosevelt

Jennifer Weitz



"Go confidently in the direction of your dreams. Live the life you have imagined."

-Henry David Thoreau

Alicia Wells

What a ride! I couldn't have done it without the loving support of my family. My Dad, who inspired me to pursue my dreams and did everything in his power to make them a reality. My sister Nina, who was my constant cheerleader and biggest fan. And to my husband, Brian who picked up his life in Baltimore and shifted it to Philly for me with hardly a complaint. I love you all.

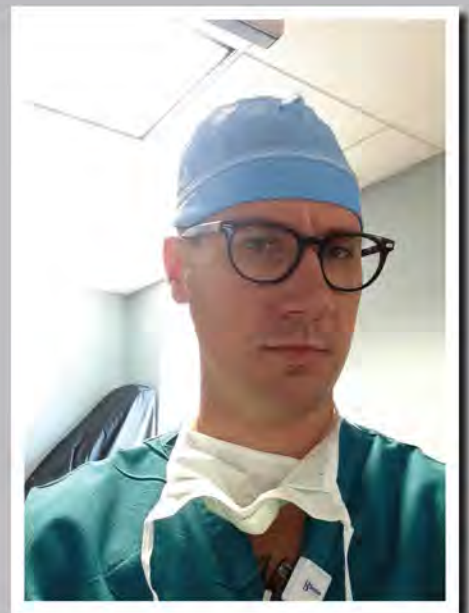
Shout out to my Axillas! Thanks for helping me through my first year anatomy and being my first real friends of medical school. Cheers to the fun times had at DO Day on the Hill, CPK between OMM practicals, all the PEPs, and those late night study sessions with the best study tool Picmonic!

To my PFF→MFF, Chelseakins, thanks for making this tough time a lot less hard and a lot more fun. I could not have done this without you and our codependency. To all our basement studying, comfort cattin, sweet treatin, trips to Baltimore, rooftop yoga, and Octobers on the beach. "Which one are you?" Twinnies with bunny ears! xoxo



Benjamin Whitfield

Well that was harder than I thought.



Steven Yang



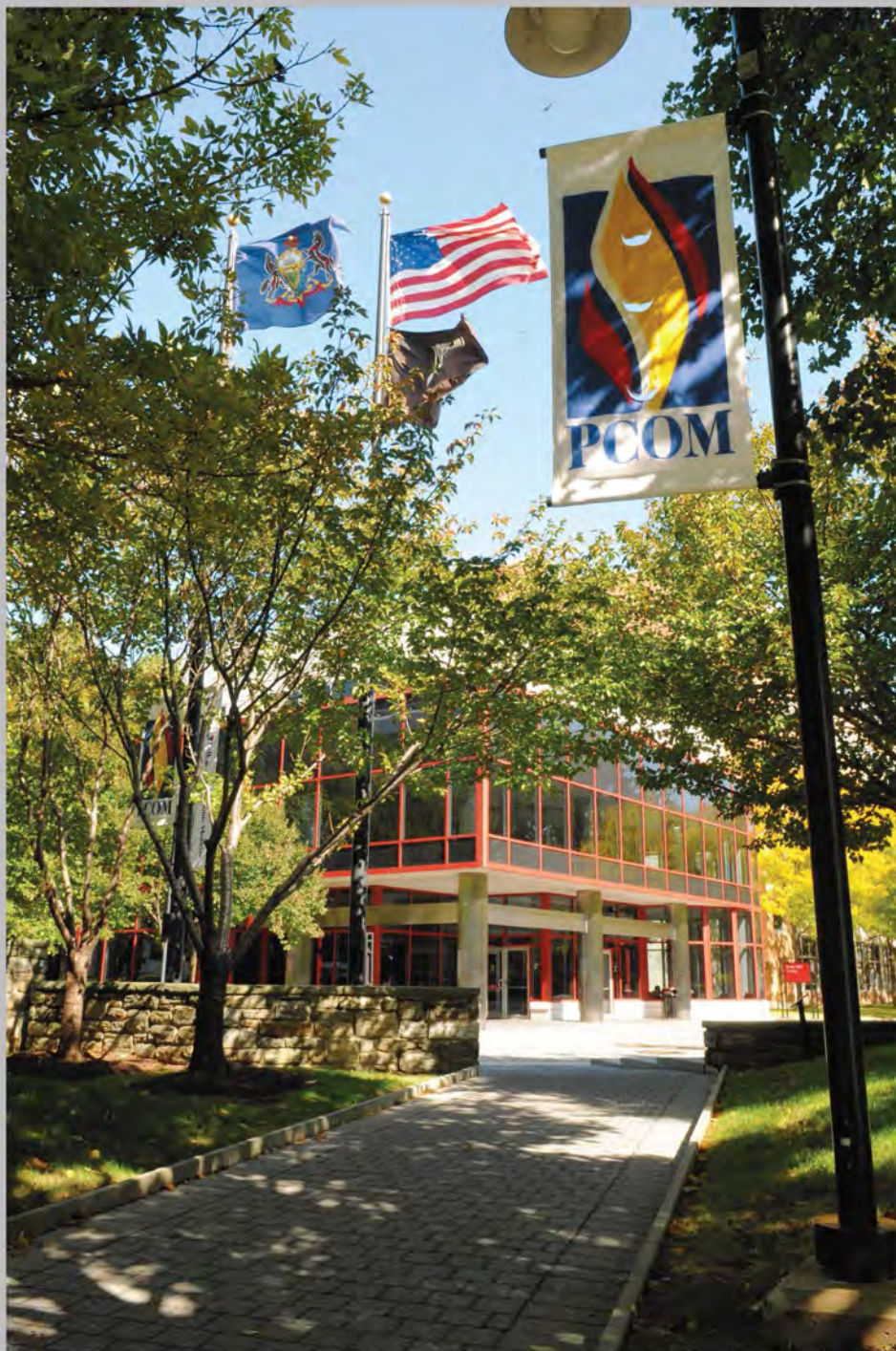
Joseph Yoha



Mum, Dad, Kaitlyn, Patrick, and Michael—
Thank you for the never ending support and encouragement. I'm so grateful to have you at my side no matter what I do in life. This accomplishment wouldn't have been possible without you.

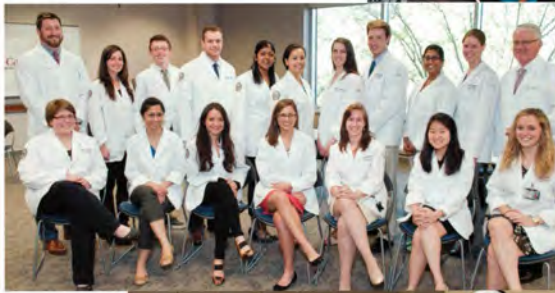
Mands—

This would have been much more stressful without you. All the time that we spent together, laughing, talking, and learning, kept me going when things were rough. You make my heart smile.















Lab Groups





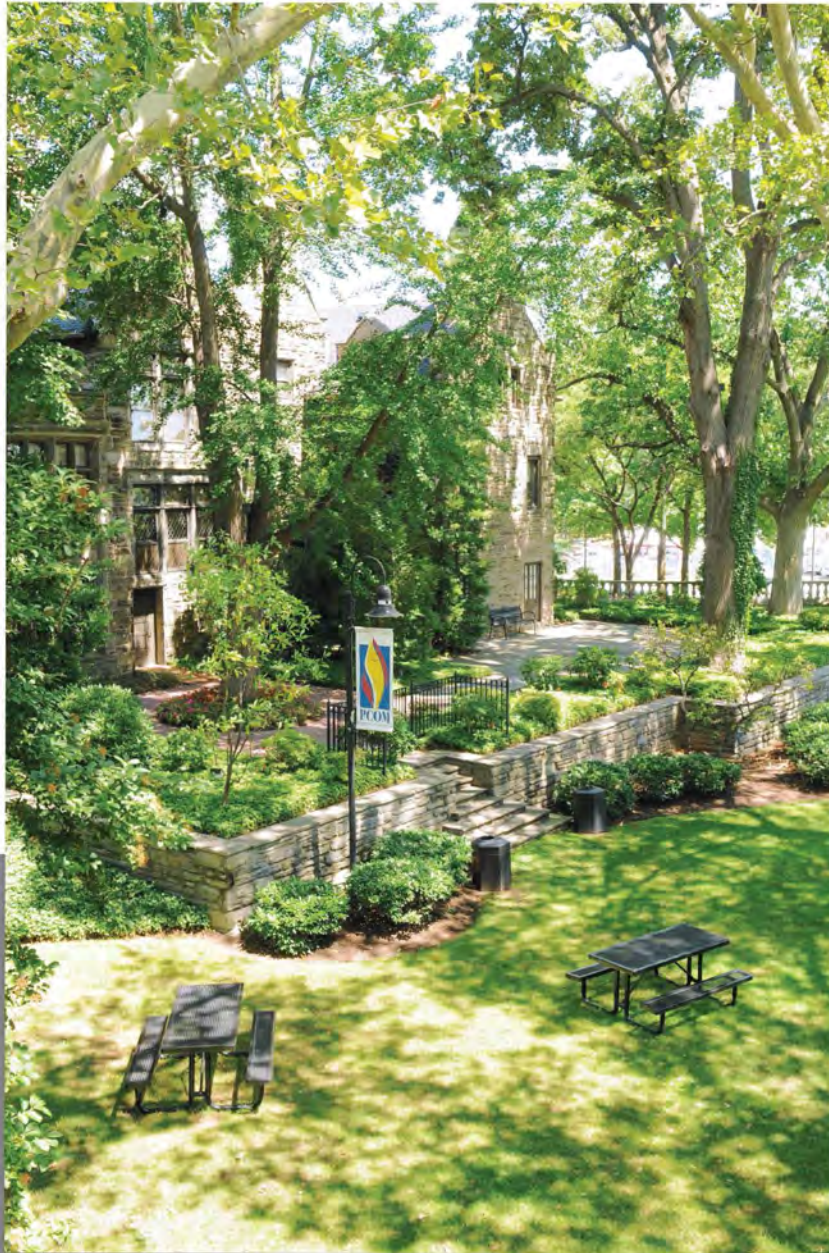


























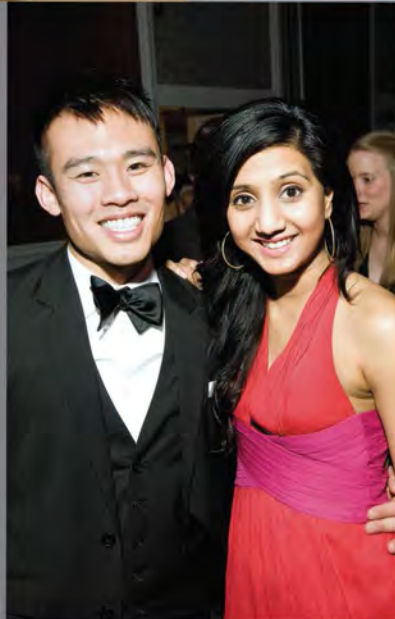




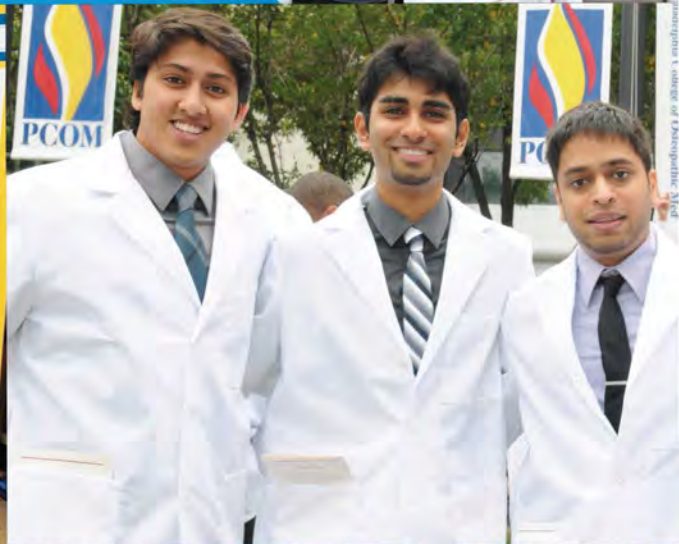
























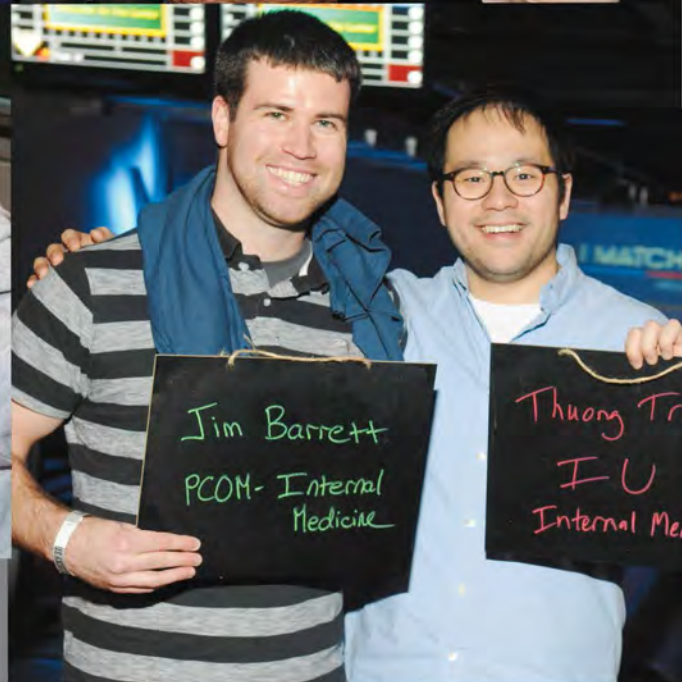
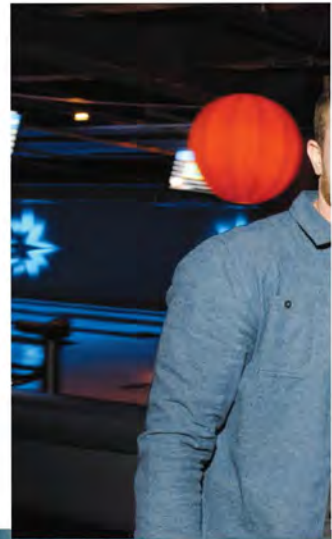




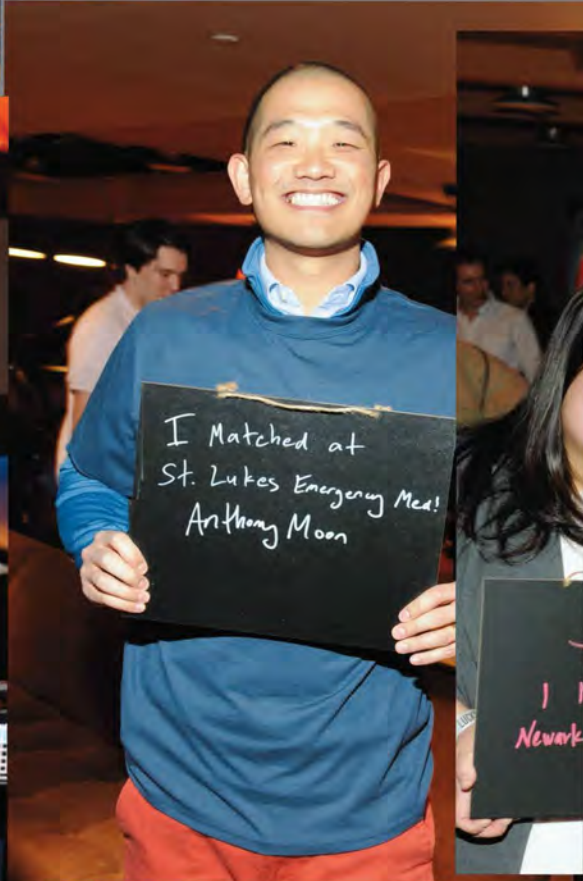
























Osteopathic Oath

*I do hereby affirm my loyalty
to the profession I am about to enter. I will be mindful
of my responsibility to preserve the health and life of my
patients, to perform faithfully my professional duties.*

*I will be vigilant in aiding in
the general welfare of the community.*

*I will endeavor to work in accord with my colleagues
in a spirit of progressive co-operation.*

*I will look with respect and esteem
upon all those who have taught me my art.*

*I will be loyal to my college and strive always
for its best interests and for the interests of the students
who will come after me.*

*I will be alert to further the application of basic
biologic truths and to develop
the principles of Osteopathic Medicine.*

Faculty Words of Wisdom

Always remember that pharmacology is applied physiology. If you know the mechanism of drugs and physiology then you can accurately predict 90% of the actions and side effects for the drugs.

Peggy Stewart, Ph.D.

You have achieved a great victory and assumed a burdensome obligation. Your training was superior, earning you membership in a select group. Your profession will be Medicine, your product will be life.

Art Sesso, D.O.

Do good things.
Do no harm.
And laughter is still the best medicine!

Larissa Fernando
Dominy, D.O.

Learn to listen ! Listen to learn !

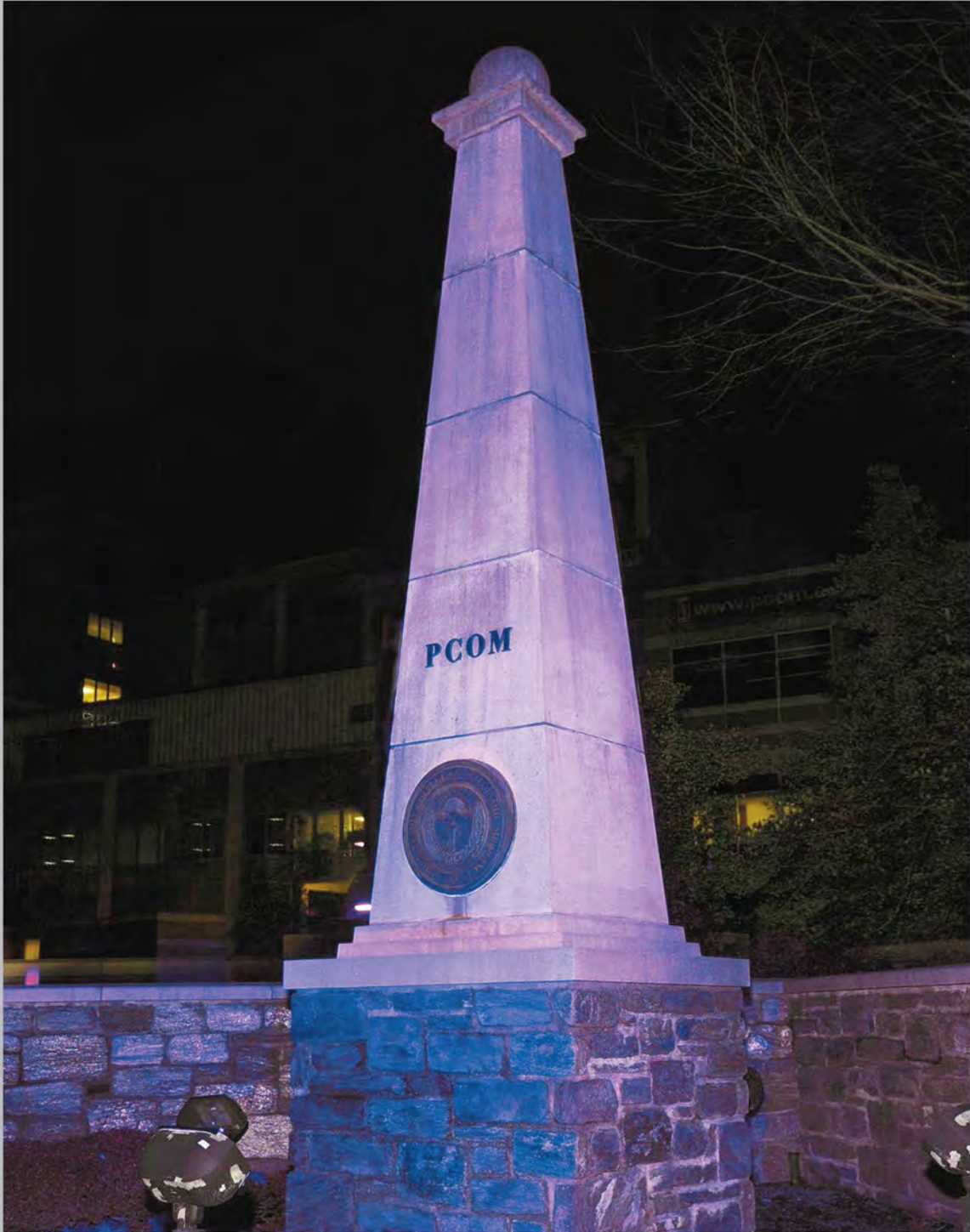
Oliver Bullock, D.O.

The opportunity to embark upon the Honorable vocation of the complete, Holistic physician, while choosing a Specialty that you truly enjoy, will reward you with a career that is defined by both great joy and personal satisfaction. Best of luck in the completion of your life's mission.

Richard A. Pascucci, D.O.

We have truly enjoyed watching you all grow over the past 4 years. You have gone from unsure M1's at orientation to competent and skilled physicians as graduates. Be proud of who you have become and what you have accomplished because you have earned the great things that are ahead of you!

The Office of Student Affairs





CONGRATULATIONS!

STAY CONNECTED TO PCOM



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Institutional Advancement Department

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as you begin your career

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